

# HAWC TALK

## Redefining exercise: moving from the gym, fitness center to the home, yard

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We’ve heard that to lose weight we need to “eat less and exercise!”

At a recent conference, exercise was defined this way: “eks er s+z: the art of converting big meats and fattening snacks into back strains and pulled muscles, by lifting heavy things that don’t need to be moved, or running when no one is chasing you.”<sup>1</sup>

American society has put forth tremendous efforts to model efficiency. Recliners equipped with drink, snack and remote control compartments, as well as drive through food, photo and pharmacy tellers are just a few conveniences we have today.

The move less slogan sweeping our nation has us taking the elevator up only two flights of stairs, or driving around and around the mall parking lot to get the nearest spot. Even school systems allow children to opt out of taking a physical education class.

With convenience at our fingertips, one might think our chaotic lifestyles would calm down, but instead we are finding the new stress of excess weight burdening our hips and waistlines.

New research indicates that an active lifestyle not only enhances weight loss and helps lower the risk for various diseases, but it is essential for main-

taining weight loss. In fact the highest protection from premature death caused by chronic disease comes when individuals move from the low fit category to the moderate fit category.

This can be accomplished by accumulating moderate-intensity physical activity at least 30 minutes over the course of a day, five days a week.

The following activities can be defined as moderate intensity:

- ★ brisk walking
- ★ cycling
- ★ recreational sports
- ★ mowing/raking the lawn
- ★ gardening
- ★ house cleaning
- ★ dancing
- ★ swimming
- ★ lifting/carrying light objects

Meeting this goal to have a more active lifestyle can be as simple as taking the stairs instead of the elevator, parking further away and walking, and doing more household chores like yard work.

With spring weather around the corner, why not



save that \$20 you might normally spend to get your car washed? Cleaning it yourself will not only save you money, but will help you expend at least an extra 300 calories that you may have been trying to lose.

As one doctor put it, “Given what we know about the health benefits of physical activity, it should be mandatory to get a doctor’s permission not to exercise.”<sup>2</sup> And the exercise needed to keep you healthy can be practical and constructive at the same time.

1. Foster, Gary Ph.D. “Behavioral Management of Obesity.” Certificate of Training in Adult Weight Management. February 6-8, 2003.

2. Carpenter, Ruth Ann, MS, RD, LD, Sinclair, Erin BS, CHES. “Win the Rockies Workshop.” The Cooper Institute. June 4-6, 2002.

## Cooperative research, development agreement signed

Developing a system for military and civilian police to find and identify armed personnel concealed behind walls and other obstructions will be the focus between the Air Force and an industry partner.

A Cooperative Research and Development Agreement was signed between the Air Force Research Laboratory’s Directed Energy Directorate and the Albuquerque office of ITT Industries Inc., Advanced Engineering and Sciences Division to develop this demonstration system.

The Air Force and ITT will each contribute \$400,000 for the development and marketing of the Target Identification Demonstration System that will incorporate technology, developed by the Directed Energy Directorate, and will provide im-

proved target identification capabilities over other system designs for use in difficult environments such as urban warfare and homeland defense.

The technology developed by the directorate was for identifying objects hidden in foliage. The joint agreement will extend the technology to include identification through barriers, such as walls.

“The ability to scan buildings, large concentrations of people, or those hidden by foliage to determine the presence of armed personnel in real time with a high degree of confidence is critical for both military forces fighting in urban and tactical terrain and for the law enforcement community dealing with domestic and terrorist acts,” said Dr. Donald P. McLemore, project manager for ITT Industries, Inc.

Other applications for this technology include

surveillance of sparsely populated environments to detect infiltration of hostile forces and to provide warning to friendly forces operating in the area, said McLemore.

ITT Industries, Inc. supplies advanced technology products and services in key markets including defense systems, electronic interconnects and switches, opto-electronics, information technology, and services, fluid and water management and other specialty products.

Headquartered in White Plains, N.Y., the company generated \$4.9 billion in 2002 sales and employs approximately 38,00 people around the world. In addition to the New York Stock Exchange, ITT Industries, Inc. stock is traded on the Midwest, Pacific, London and Frankfurt exchanges.

# MOVIES

**Tonight**  
**7 p.m.**  
**CRADLE 2 THE GRAVE**  
**DMX, Jet Li**  
When an international criminal kidnaps the daughter of a gang leader as part of a diamond heist, it causes a city’s police to engage in an intensive search.  
**R, violence, language and some sexual content, 100 minutes**

**9:30 p.m.**  
**THE LIFE OF DAVID GALE**  
**Kevin Spacey**  
**Kate Winslet**  
Dr. David Gale, a Texas professor and advocate for the elimination of the death penalty, is falsely accused and convicted of the rape and murder of another activist, Constance Harraway, and ends up on the state’s notorious death row himself.  
**R, violent images, nudity, language and sexuality, 130 minutes**

**Tomorrow**  
**7 p.m.**  
**THE HUNTED**  
**Tommy Lee Jones**  
**Benicio del Toro**  
Tommy Lee Jones is a FBI deep-woods tracker who captures an assassin who makes a sport of killing deer hunters. When the killer escapes in the city, he must team up with another agent to hunt down this thrill killer before he starts to hunt them.  
**R, strong bloody violence and some language, 94 minutes**

**April 20**  
**7 p.m.**  
**DAREDEVIL**  
**Ben Affleck**  
**Michael Clarke Duncan**  
Story of Matt Murdock, son of a boxer who gets killed by petty criminals for refusing to take a dive. This drives young Matt to fight crime, despite a childhood accident that robbed him of his sight.  
**PG-13, action violence and some sexuality, 102 minutes**

**April 21-24**  
**closed**  
**April 25**  
**7 p.m.**  
**DAREDEVIL, PG-13**  
**9:30 p.m.**  
**THE HAUNTED, R**

**To post information on Command TV or the electronic bulletin board at the Gibson Gate, call 846-7019.**

**COMMAND TV Channel 95**  
**7 a.m.** Reveille (Monday-Friday)  
**8 a.m.** Air Force News  
**9 a.m.** Army Newswatch  
**10 a.m.** Navy Marine Corps News  
**11 a.m.** You May Be The Target  
**1 p.m.** Terrorism Threat Conditions  
**2 p.m.** Veterans Views and News  
**3 p.m.** Air Force News  
**4 p.m.** Retreat (Monday-Fri day)  
**5 p.m.** Army Newswatch  
**6 p.m.** Navy Marine Corps News  
**8 p.m.** You May Be The Target  
**10 p.m.** Terrorism Threat Conditions  
**11 p.m.** Veterans Views and News  
**1 a.m.** Air Force News  
**2 a.m.** Army Newswatch  
**3 a.m.** Navy Marine Corps News  
**4 a.m.** Terrorism Threat Conditions  
**6 a.m.** Veterans Views and News

**Distance Learning Center offers classes**  
The Distance Learning Center now offers classes at [www.fedlearn.com](http://www.fedlearn.com).  
Some April broadcasts are:

**Today**  
**Chinese, 10-11 a.m.**  
**April 22**  
**Intro to Marketing 101, parts 5, 6**  
**10-11 a.m. and 11:30 a.m.-12:30 p.m.**  
**April 23**  
**2003 AMA Briefing, 11 a.m.-1 p.m.**  
**April 24**  
**Human and Emotional Competence**  
**1-3 p.m.**  
**April 25**  
**Chinese, 10-11 a.m.**  
**Influencing with Integrity,**  
**10:30 a.m.-12:30 p.m.**  
**April 29**  
**Valuing Differences in the Workplace,**  
**11 a.m.-12 p.m.**  
**Intro to Marketing 101, parts 7, 8,**  
**10-11 a.m., 11:30 a.m. -12:30 p.m.**  
**April 30**  
**Simplified Strategic Planning, 1-3 p.m.**